











Seashore Middle Academy

December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Chef Salad w/ Baked Potato Available / Milk, Chocolate Milk Available with Meal</i>	<i>28 Pot Pie, Mashed Potatoes, Steamed Carrots, Orange Jello</i>	<i>29 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>30 Salisbury Steak, Brown Gravy, White Rice, Fresh Green Beans, Fresh Fruit</i>	<i>1 Cheese Quesadillas, Spanish Rice, Refried Beans, Cookie</i>	<i>2 Cheeseburger Crinkled Cut Potatoes Hamburger Salad, Peach Slices</i>	3
4	<i>5 Ft. Long, Corn Dog, Baked Fries, Broccoli 'n Cheese Lite Fruit Cocktail</i>	<i>6 Ravioli with Marinara Sauce, Green Beans, Garlic Bread, Orange Wedge</i>	<i>7 Steak Fingers, Mashed Potatoes, Country Gravy, Steamed Carrots Lite Pear Half</i>	<i>8 Grilled Ham & Cheese, Mac n' Cheese, Mixed Veggies, Strawberry Jello</i>	<i>9 Low Fat Pepperoni Pizza, Baked Fries, Carrot Sticks, Ranch Dressing, Pudding</i>	10
11	<i>12 Grilled Chicken on a Bun, Baked Beans, Corn On The Cob, Lite Peaches</i>	<i>13 Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Apple</i>	<i>14 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>15 Chicken Fried Steak, Mashed Potatoes, Country Gravy, Steamed Carrots, Peaches</i>	<i>16 Chicken Alfredo, Penne Pasta, Steamed Green Beans, Garlic Bread, Cookie</i>	17
18	19 	20 	21 	22 	23 	24
25	26 	27 	28 	29 	30 	31 <i>Happy New Year's Eve!!</i> 